



**MertonVision**

**January 2005**

Registered Charity No. 1075388

[www.mertonvision.org.uk](http://www.mertonvision.org.uk)

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# Guardian Gazette

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**Providing services, information and activities to residents of  
Merton who have a visual impairment.**

Welcome to the latest edition of the Guardian Gazette. In this edition you will find information about forthcoming events such as our Technology Day and St. George's Day lunch. News about our new Low Vision Service, a new Digital Radio from RNIB, the re-launch of Palm Court Hotel and information from Merton Talking Newspaper. We hope you enjoy your newsletter and welcome any comments or suggestions you may have.

## **Technology Day**

On Thursday 14 April, MertonVision is hosting an exhibition of specialist equipment for people with poor vision. The exhibition will be from 10 am until 4 pm. There will be the latest technology in computer equipment and magnifiers on show. MertonVision staff will also be available for information and advice on all aspects of visual impairment.

Tea/coffee and food will be available to purchase. If you would like to find out more or would like directions, please do not hesitate to give us a ring on **020 8540 5446**

We look forward to welcoming you here on the day.

## **Low Vision Service**

We are delighted to announce a new exciting service that is available to Merton residents. The local Primary Care Trust is piloting a Low Vision Service, which is available on a Tuesday morning here at MertonVision.

Our resident Optician Paul Thompson will carry out the Low Vision Assessments and if appropriate will provide a low vision aid on a loan basis. Elizabeth, our Rehabilitation Officer, will help you learn how to use your low vision aid and show you what other aids, equipment and services we offer.

If you would like to take advantage of this service, you will need to have poor vision and have had a sight test in the last year (we can advise you on a local opticians who can refer you into this pilot). We can see you very quickly, and for some of our clients it may mean that that there will be no more long waits to be seen at the hospital again. If you would like to find out more about this new exciting service, or wish to book an appointment to have a low vision assessment, please contact us.

## **St Georges Day/Spring Lunch**

On Friday 22 April we will be having a lunch to celebrate St George's Day and incorporate the spring lunch too. It will be a 3 course roast dinner with all the trimmings. We will be serving at approximately 12.30 pm. The cost will be £6.50 and transport is available at a cost of £4 for a return journey.

If you would like to come, please give us a ring or let us know in the office and we will book your place.

## **Your help is needed for the following!**

### **Geranium Day**

We are in need of Volunteers to 'rattle' a tin for a few hours on Geranium Day, which this year is on Tuesday 17 May. There are at least eight stations (not counting trams) in Merton. If we could cover these during the rush hour, I am sure that we would have a successful collection day. This is the one and only day of the year when we are allowed to collect on the streets of Merton and the more people that help, the more money we can get in. We need people to help all day long, but especially from 7 a.m. until 9 a.m. and from 4 p.m. until 6 p.m. Please contact Theresa who will make arrangements with you. If you have a friend going with you it can be a bit of fun and somebody to talk to. We would really appreciate your help on this one and hope that you can help us.

### **Tree Surgeon**

The trees in the grounds of the Centre are in need of pruning (tidying up). We have been quoted £1650 plus vat by a local firm. Is there anybody out there who could do this for free or at least cheaper than the quote? If you are able to help, please contact the office on 020 8540 5446.

### **Volunteer for Ebay**

We have a lot of items around the centre which we think we could sell and make some money on. We are looking for a volunteer to set up and run an Ebay account for us. Again, if you think you can help please contact the office.

## **Appeal for old mobile phones**

If you have a mobile phone that you no longer use, could we have it please?

We have been approached by a company who recycle mobiles and then pay us for providing them with the phones. It depends on how new the model is as to how much we get for it, but every little helps. If you *do* have any mobile phones that you no longer require, would you let us know or drop them into the office.

Thank you in advance.

## **100 Club Winners**

The winners of the 100 Club since the last newsletter are:-

### **February**

1 <sup>st</sup> prize	No. 11	Margaret Jones
2 <sup>nd</sup> Prize	No. 68	Mary Dunn

### **March**

1st Prize	No 108	Theresa Adams
2 <sup>nd</sup> prize	No 6	Paula Stevens

The numbers for February and March were the first to be drawn using our newly designed electronic system. We now have a computer program that will randomly select the numbers each month, we have called it FRED, (Fran's Random Electronic Draw).

Membership to the 100 club is dwindling again which affects the amount of prize money we can give so if you would like to become a member (£12 per year), please contact the office on 8540 5446.

## **A new product**

Pure Digital Radio (HD01) £119.99 (Vatable product)

Following it's mainstream launch, the Pure DAB Radio is now available for purchase from the RNIB or MertonVision for £119.99

The SONUS-1XT is the world's first DAB digital radio with iVOX voice feedback technology, bringing new levels of accessibility to radio listening.

It tells you the available DAB stations as you scroll through them, the time, alarm settings, and even talks you through all aspects of setting up the radio and display information.

Speaks with a real human voice and enables you to switch off the speech that you don't need.

Features include: easy to operate alarms; backlit night time clock display; a USB connector to keep your SONUS-1XT up to date by downloading software upgrades from an internet-connected PC.

The clock updates automatically, which means you will never miss the British Summer Time clock movement. The accessible sleep button makes the radio go off automatically after a selectable period of time. Supplied with a mains power adaptor, telescopic aerial and an audio CD version of the user manual.

MertonVision will be ordering a sample radio for our Resource Room, so if you want to come and try it out, please phone Theresa for an appointment

## **Palm Court Hotel**

The RNIB's former Palm Court Hotel is re-opening under new ownership at Easter. The hotel has been refurbished to include the lounges, bar and restaurant. The bedrooms will have CD/Radio players. Improvements also include flexible meal times. For information on the new tariffs (discounted rates for old RNIB guests) and to book call 01313 725 811

## **Message from Merton Talking Newspaper**

Blind and partially sighted people can listen to national and international news on the radio and television, but they may not be able to read the local newspaper and, therefore, may not know what is happening in the local area.

Every Thursday, Merton Talking Newspaper select items from the local Guardian and The Post to read on to tape. On one side of the tape there are new items and on the other side we record a magazine which contains items of special interest to people with a visual impairment.

If you or anyone you know would like to receive a copy of this tape we can be contacted on 8544 0551. There is no charge for this service.

## **Easter break**

The Centre will be closed for the Easter break from 4 pm on Thursday 24 March until 9 am on Tuesday 29 March.

## **A Message from: Advocacy for Older People in Merton & Sutton**

Advocacy Partners can help you to get the support you need – from the big issues such as:-

- Changes in your house or housing
- Help to get the best social care for your needs
- Help to return home after a period of time in hospital
- Help to get your finances sorted out

To the smaller ones:-

- Arranging for security checks on your home
- Letters to insurance companies over reimbursement for spoiled food after the breakdown of a freezer
- Support to obtain a new passport
- Support to open a Post Office card account
- Support to arrange for writing wills and funeral arrangements

If you are not sure whether we can help, just ask – as we say **we can't do the impossible, but we will do our best!**

We also need volunteers who would like to work WITH us to make real changes to the way older people are treated. Our volunteers receive full training and support. It's a challenging role, but really rewarding!

Want to hear more? Call Clare, Sarah, April or Norma on 020 8330 6644 or email us at [info@advocacypartners.org](mailto:info@advocacypartners.org)

Merton Council has asked us to include the following:

**Merton Council's Equality and Diversity Policy**

**Merton Council has a new Equality and Diversity Policy that we want you to know about because it affects you. Please read this brief summary to find out more.**

Our policy aims to ensure that the *services* we provide are:

- Fair, appropriate and meet the wide range of needs of everyone in the community
- Better and easier for people to use
- Always planned and delivered with equality and diversity in mind

Our policy aims to ensure that our *workforce*:

- Represents the local community
- Has staff from diverse age groups, disability, ethnic, faith, gender and sexuality backgrounds at all grades across the council
- Is encouraged and supported to develop their full potential, to enable them to improve the services we offer and the way that we offer them

This is a **very** brief overview of our policy. If you would like to know more, get a copy of the full policy, or if you would like someone from the Equalities Team to come and talk to your organisation or community group about Merton Council's equalities work, please contact Monica Wambu on 020 8545 3864 or [monica.wambu@merton.gov.uk](mailto:monica.wambu@merton.gov.uk)



## **Dates for your diary 2005**

Thursday 24 March	Term ends
Friday 25 March	Bank Holiday
Monday 28 March	Bank Holiday
Thursday 14 April	Technology Day
Friday 22 April	St George's Day lunch
Monday 25 April	New term commences
Wednesday 25th May	Executive Committee Meeting (please note revised date)
Tuesday 31 May	Half term holiday
Friday 8 July	B-B-Q
Tuesday 12 July	Executive Committee Meeting
Tuesday 27 September	Executive Committee Meeting
Tuesday 8 November	MertonVision AGM
Tuesday 29 November	Executive Committee Meeting
Wednesday 7 December	Volunteers' Party
Low Vision Service	Every Tuesday
Citizens Advice Bureau	Every Tuesday fortnight

The Gazette is produced in print, braille, tape and via e-mail for members, friends, supporters and volunteers of MertonVision. If you require further information on any of the items in the newsletter, or if you no longer wish to receive newsletters, please contact us here at:

**MertonVision The Guardian Centre, 67 Clarendon Road,  
Colliers Wood, London SW19 2DX  
Tel: 020 8540 5446 or visit our website [www.mertonvision.org.uk](http://www.mertonvision.org.uk)**